

Water Exercise Skill Builder

Saturday, May 21, 2005

Madison Pool • 13401 Meridian Avenue North • 206.684.4979

Water Exercise Skill Builder with a variety of workshops presented by Water Exercise experts and popular instructors in Seattle Parks and Recreation swimming pools. Choose from a morning and afternoon workshop with a networking lunchtime discussion group. Box lunches will be provided for an additional \$10.00. Sign up early and save. Please list your first and second choice when registering.

The Presenters

Sue Bonney is Aquatic Exercise Association (AEA), Hydro-fit and Water Art Personal Trainer certified. She has been active in the aquatic fitness industry for over 15 years in many different capacities.

Angela Eddy is certified by the AEA, and has been teaching water aerobics, aqua jogging, and hydrofit classes for over 19 years. Her goal is to educate her participants about the benefits of water therapy; how he or she can increase quality of life, by learning how the water can help with greater range of motion, gain more strength and endurance, or aid in recovery from an injury or an on-going disability.

Katie Fridell has been teaching water fitness for the last 17 years ranging from the youth to seniors. During her years of teaching, she has gone through various water fitness training, (AEA) and has trained other water fitness professionals. Her goal in water fitness is to ensure that every participant achieves his or her most optimum fitness level. Currently she is an Assistant Aquatic Coordinator at Queen Anne Aquatic Facility.

Wendy VanDeSompel has worked for the Seattle Parks Department in Aquatics for 5 years, teaching a wide variety of classes, from Senior Water Exercise to Triathlon Training. She has received Water Exercise Instructor training from the Arthritis Foundation Aquatics Program and Craig Stuart of Hydrofit.

Janet Wilson holds a B.S. in Physical Education and a minor in Special Education. She has been teaching water aerobic classes since 1983. She has been certified by AEA and was an AEA Aquatic Training Specialist for 6 years. She has been the pool coordinator at Meadowbrook Pool for many years and while there developed classes like Diaperobics, Adapted WX and Deep WX.

Donna Sammons is the Aquatic Center Coordinator at Rainier Beach Pool in Seattle. She has taught water exercise classes of all sorts for the past 10 years and is a certified water exercise instructor with the AEA.

PRICES

Pre-registration, postmarked by May 7, 2005: \$25/workshop or \$45 all day (includes 2 classes)

Day of Registration: \$30/workshop or \$55 all day (includes 2 classes)

Boxed Lunch from Ingallina's: \$10, includes sandwich, Tim's chips, fresh cut fruit, a delicious cookie and Crystal Geyser Spring Water



REGISTRATION FORM

Make checks payable to Seattle Parks and Recreation and mail to 10515 35th Ave. NE, Seattle, WA 98125.

NAME: _____

ADDRESS: _____

CITY/STATE/ZIP: _____

PHONE: _____

FACILITY: _____ TOTAL AMOUNT ENCLOSED: \$ _____

Boxed Lunch? ☐ No ☐ Yes

If yes, add \$10 and choose one lunch from the list:

- ☐ Smoked Turkey & Havarti
- ☐ Roast Beef with Cheddar
- ☐ Tomato Mozzarella & Avocado, vegetarian
- ☐ Asian Chicken Wrap
- ☐ Roasted Portabello Mushroom, vegetarian
- ☐ Mediterranean Wrap, vegetarian
- ☐ Albacore & Dill Pickle

Morning Workshop

(Indicate first and second choice):

- _____ Awesome Aqua Abs!
- _____ Seniors Like to Have Fun!
- _____ Hydro-fit in the Deep
- _____ Noodling Around!

Afternoon Workshop

(Indicate first and second choice):

- _____ Intro to Teaching Shallow Water
- _____ Splashfantastic Fun!
- _____ Aqua Jog
- _____ Awesome Aqua Abs!

\$25 for one workshop or \$45 for both workshops

The Program

9:30–10:00 am: Registration

10:00 am–Noon: Morning Workshops (choose one)

1. Awesome Aqua Abs! with Angela Eddy. Shallow pool then lecture.

Ever feel like you need to have your participants get out of the water and do sit-ups on land to effectively work their abs? Learn how to overcome one of the greatest challenges facing aqua exercise instructors—that of helping your patrons develop strong abdominal muscles in the gravity-reduced environment of the water. This workshop will focus on learning the right techniques which can be applied to both shallow and deep water and will build strength both in abdominal isolation and in coordination with the back and hips. Water has amazing properties in which your participants can develop better body and breathing awareness. It can reduce the chance of injury caused by improper technique, and utilization of resistance effectively—All in the goal of attaining a stronger body core and those awesome abs.

2. Seniors Like To Have Fun! with Wendy VanDeSompele. Lecture, then shallow pool demonstration.

Make your class an inclusive and enjoyable experience for everyone, regardless of their age or fitness level. Many seniors come to your class not only to exercise, but also as a social activity. Learn how to incorporate appropriate exercises into a fun and safe workout; create an atmosphere where everyone feels welcome and motivated to participate at their own ability level; and how to add social activities and a little humor to your program to keep them coming back for good times and a great workout!

3. Hydro-fit in the Deep with Sue Bonney. Deep water workout then lecture.

A challenging, athletic deep water workout using HYDRO-FIT equipment to provide buoyancy and resistance.

4. Noodling Around! with Janet Wilson. Lecture, then deep water workout.

Using Noodles in your water exercise classes is a great way to spice things up! They can be used for part of a class or the entire workout. They offer resistance or flotation, they are safer for Seniors or people with joint conditions and they are so colorful you can't help but have fun with them. You'll learn techniques for use in shallow or deep water and strengthening or stretching for every part of your body.

Noon–1:00 pm: Lunchtime Networking Discussion

1:00 am–3:00 pm: Afternoon Workshops (choose one)

1. Introduction to Teaching Shallow Water Exercise with Donna Sammons. 1 hour pool time, 1 hour lecture/discussion.

This 2-hour workshop will focus on the basic components for designing and teaching a safe and fun shallow water exercise class. Skills presented are: principles of water exercise and applications, class format, basic moves, beginning choreography/ water tempo, special populations/modifications, and use of equipment for strength training and conditioning.

2. Splashfantastic Fun! with Katie Fridell. Lecture then shallow pool.

Are you bored with your class? Are you finding yourself not wanting to teach a class? Doing the same routine over and over? We've all been in this situation and it is not fun. I have a solution: get creative and have fun! In this class I will teach you techniques you can do in class to make it exciting, fun and a way to keep your patrons coming back for more. P.S. You do not need 17 years of aquatics experience to have fun, you just need imagination.

3. Aqua Jog with Sue Bonney. Deep water, then lecture.

Challenge your class through the use of high intensity and low intensity exercise for optimal training.

4. Awesome Aqua Abs! with Angela Eddy. Shallow pool then lecture.

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